

Pregnant Women and Smoking

Tobacco use is the single most preventable cause of death and disease and the impact of tobacco on the Indiana is staggering costing Hoosiers 11,100 lives each year. Smoking can impact the lives of even the youngest Hoosiers. Approximately 15.7% of women in Indiana smoked during pregnancy in 2013, a slight decline from 20% in 2000. Indiana has one of the highest smoking during pregnancy rates in the country.

Smoking during pregnancy is associated with poor health outcomes:

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributed to smoking.
- Women who smoke during pregnancy have more than twice the risk of delivering a low birth weight baby.
- Babies of mothers who smoked during pregnancy have twice the risk of SIDS than infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk of miscarriage than nonsmokers.

Prenatal exposure to secondhand smoke is also harmful to a child's mental development. Children of mothers who were exposed to secondhand smoke when pregnant have lower scores on cognitive development tests at age two, compared to children of mothers living in smoke free homes during pregnancy.

Pregnant smokers who are ready to quit should know that it's never too late to quit smoking during pregnancy. Many pregnant women are tempted to cut down the number of cigarettes they smoke instead of quitting, but quitting entirely is the best thing a pregnant woman can do for themselves and their baby. The benefits of quitting smoking can be seen immediately. After just one day of not smoking, the baby will get more oxygen. While women experience withdrawal symptoms, these are often signs that the body is healing. They are normal, temporary, and will lessen in a couple of weeks. Quitting will increase the mother's energy levels and help make breathing easier.

The Indiana Tobacco Quitline's 10-call Protocol for Pregnant Women

The Indiana Tobacco Quitline offers pregnant smokers greater intensity of behavioral support – 10 calls instead of 4. The treatment plan is tailored to meet their needs, and for those who quit offers additional postpartum contact to prevent relapse. The Indiana Tobacco Quitline uses evidence-based treatment practices to help pregnant smoker quit and stay quit.

Tobacco Prevention and Cessation Commission ~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net



Percent of mothers who reported smoking during pregnancy, Indiana counties, 2013

County	Percent	County	Percent	County	Percent	County	Percent	County	Percent
Adams	8.6 (s)	Dubois	13.1	Jasper	24.0 (s)	Morgan	28.7 (s)	Spencer	22.9
Allen	8.8 (s)	Elkhart	12.8 (s)	Jay	21.3	Newton	25.6	Starke	27.4 (s)
Bartholomew	17.6	Fayette	28.7 (s)	Jefferson	25.4 (s)	Noble	19.7	Steuben	24.9 (s)
Benton	17.6	Floyd	13.5	Jennings	28.2 (s)	Ohio	17.6 (u)	Sullivan	19.2
Blackford	31.5 (s)	Fountain	28.8 (s)	Johnson	16.4	Orange	28.4 (s)	Switzerland	27.5 (s)
Boone	10.5 (s)	Franklin	21.4	Knox	27.3 (s)	Owen	31.7 (s)	Tippecanoe	14.5
Brown	21.4	Fulton	24.9 (s)	Kosciusko	15.7	Parke	14.8	Tipton	15.3
Carroll	23.5	Gibson	24.1 (s)	LaGrange	5.5 (s)	Perry	28.0 (s)	Union	29.9
Cass	19.7	Grant	26.1 (s)	Lake	10.9 (s)	Pike	21.4	Vanderburgh	20.7 (s)
Clark	15.3	Greene	22.5	LaPorte	25.4 (s)	Porter	9.7 (s)	Vermillion	24.0
Clay	23.9	Hamilton	3.0 (s)	Lawrence	27.5 (s)	Posey	16.7	Vigo	17.6
Clinton	18.8	Hancock	11.5	Madison	22.3 (s)	Pulaski	23.8	Wabash	24.4 (s)
Crawford	32.4 (s)	Harrison	20.5	Marion	12.6 (s)	Putnam	22.7 (s)	Warren	20.0 (u)
Daviess	13.3	Hendricks	8.4 (s)	Marshall	18.4	Randolph	22.1	Warrick	15.8
Dearborn	21.9 (s)	Henry	26.1 (s)	Martin	15.5	Ripley	24.1 (s)	Washington	21.8
Decatur	28.4 (s)	Howard	22.6 (s)	Miami	24.8 (s)	Rush	22.5	Wayne	21.0 (s)
DeKalb	22.4 (s)	Huntington	24.3 (s)	Monroe	16.8	St. Joseph	14.1	Wells	16.5
Delaware	24.5 (s)	Jackson	21.8 (s)	Montgomery	23.8 (s)	Scott	32.5 (s)	White	20.2
						Shelby	23.4 (s)	Whitley	19.4

SOURCE: 2013 Indiana Natality Report, Indiana State Department of Health - Epidemiology Resource Center

Percentages are calculated using total births in each county.

s= significantly different from state percent

u= unstable rate due to fewer than 20, but more than 4, birth outcomes

The rate of Indiana mothers who reported smoking during pregnancy is considerably higher than the national average of 9.1% (2011). Even more alarming are rates in Indiana counties that exceed state and national rates. The table above lists Indiana's counties along with the percentage of mothers who reported smoking during pregnancy.

- County rates range from 3.0% to 32.5%.
- Thirty-nine (39) of Indiana's 92 counties have a smoking during pregnancy rate significantly higher than the Indiana average of 15.7%.
- All but 5 Indiana counties have a smoking during pregnancy rates higher than the United States average (9.1%).

Sources: 2013 IN Natality Report, Indiana State Dept of Health - Epidemiology Resource Center; Centers for Disease Control and Prevention National Center for Health Statistics; Ventura, S.J. 2003. "Trends and Variations in Smoking during Pregnancy and Low Birth Weight: Evidence from the Birth Certificate, 1990-2000." Pediatrics 111(5 Part 2):1176-1180.¹ SDHHS. 2001. Women and Smoking: A Report of the Surgeon General. U.S. Department of Health and Human Services, Public Health Service: Rockville, MD, Office of the Surgeon General, U.S. Government Printing Office: Washington DC. ; Gavin, N.I., et al. September 2001. Review and Meta-Analysis of the Evidence on the Impact of Smoking on Perinatal Conditions Built into AMMEC II. Final Report to the National Center for Chronic Disease Prevention and Health Promotion. Research Triangle Park: Research Triangle Institute.; Columbia Center for Children's Environmental Health. Neurotoxicology and Teratology, March 2004

Tobacco Prevention and Cessation Commission ~ www.in.gov/isdh/tpc ~ 317.234.1787
www.QuitNowIndiana.com ~ www.indianaquitline.net



1-800-QUIT NOW
Indiana's Tobacco Quitline